



thursday, november 21, 2013

# the collegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

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VOL. 119 NO. 64

Tomorrow:  
High: 31 °F  
Low: 19 °FSaturday:  
High: 31 °F  
Low: 14 °F

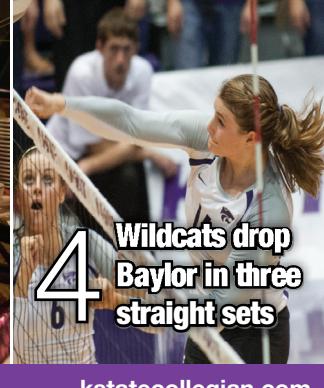
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A reader writes in support of K-State's School of Leadership Studies

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## Evolution of Thanksgiving; colonial America to today



Pumpkin pie is a common traditional Thanksgiving favorite. The K-State dining centers hosted Thanksgiving dinner on last Tuesday.

Taylor Alderman | Collegian

**Megan Wheeler**  
staff writer

The American holiday of Thanksgiving has evolved quite a bit since its first occurrence in 1621. Originating as a three-day feast, the Plymouth colonists were joined by members of the local Wampanoag tribe, eating fowl and deer as well as berries, fish, clams, plums and boiled pumpkin.

It wasn't until October 1777 that all 13 original colonies celebrated a day of Thanksgiving together. The very first national day of Thanksgiving was held in 1789, when President George Washington proclaimed Thursday, Nov. 26 to be "a day of public thanksgiving and prayer," a day to give thanks for the opportunity of forming a new nation as well as the establishment of a new constitution.

Even after being declared a national holiday, Thanksgiving was not celebrated annually until Sarah Josepha Hale, author of the "Mary Had a Little Lamb" nursery rhyme, spent decades advocating for the holiday in the 1800s. Hale saw Thanksgiving as a way to inspire hope and belief into the people devastated by the Civil War. On Oct. 3, 1863, President Abraham

TRADITIONS | pg. 3

## In-A-Chord integrate audience into fall show; fan calls it 'pure heaven'

**Malerie Strahm**  
contributing writer

McCain Auditorium was full yesterday evening as fans were entertained by In-A-Chord's harmonious blend of voices. During the show, the a cappella group's members engaged the audience by bringing a few people on stage to do a "Name That Pitch" game. Audience members were also encouraged to sing along, clap, whistle, dance and just have a good time. A few of the songs included "Royals" by Lorde, "Titanium" by David Guetta, and "Where's the Love" by The Black Eyed Peas.

After the show, fans were excited about their experience.

"It was just pure heaven," Hannah Robinson, freshman in business administration, said.

Four years ago, Joshua Oppenheim, one of the KSU choral directors, had a vision for a student-led choral

group. Once In-A-Chord was created, Oppenheim began slowly phasing himself out, and now the group is completely student run.

In-A-Chord sings a variety of genres ranging from indie to pop to older music.

"If we hear something that we think will be big we try to arrange those," Katherine Vaughan, junior in music education, said. "We always decide as a group what we're going for."

While In-A-Chord auditions used to be live, they are now submitted online and the best selections are then invited to live auditions. Students are asked to submit a 30-second clip of something fast and a 30-second clip of something slow to showcase their best voice.

The nine members of In-A-Chord practice for an hour on Wednesdays and Fridays and have sound rehearsals on Sunday evenings. Two of



Ryan James Leonard, sophomore in vocal music education, takes the lead on Mike Posner's "Please Don't Go" while other members of the a cappella group In-A-Chord provide accompaniment during an evening rehearsal on Sunday in a McCain classroom.

Hannah Hunsinger | Collegian

## Ready Player One provides unique combination of performance arts

**Charlie King-Hagen**  
staff writer

Kansas nonprofit fired up for marijuana

**Alexis Leiker**  
staff writer

Will pot soon be legal in Kansas? Fire It Up Kansas, a non-violent nonprofit organization, sure hopes so. According to the group's Facebook page, it only has one purpose: to "legalize marijuana on a state and federal level for the purpose of medicine, production and recreation."

To further its efforts, the organization is planning to use a billboard campaign to promote the legalization of marijuana in the state.

Co-founder and president of Fire It Up Kansas, Mike Golden, said that the intent is for the legalization of marijuana to be seen as a legal market instead of a black market.

"The whole point is to fire people up," Golden said. "We want people to be talking about it. If people are loud and clear enough, lawmakers will have to hear it and hopefully decide to make a change for the better."

A digital billboard near the Kansas Star Casino in Mulvane, Kan. will be the group's first of many billboards to promote their cause.

Golden said that he and his wife started the organization in



Hannah Hunsinger | Collegian

Jackie Soelter, sophomore in chemical engineering, and Shelly Heinz, graduate student in counseling and student development, perform during "Be Who You Are," a Ready Player One interactive music and dance event last night in Forum.

## Aggravated robbery at Dara's near Kramer complex

**Jon Parton**  
staff writer

A male suspect, armed with a semi-automatic handgun, robbed the Dara's Fast Lane located on Claflin Road at approximately 2:30 a.m. yesterday, according to a Riley County Police Department press release. After demanding the money in the register, the suspect stole the store clerk's vehicle, a white 1995 Chevrolet pickup truck.

A Kansas State Trooper discovered the abandoned vehicle later that morning in the 6600 block of Tuttle Creek Boulevard a few miles north of Manhattan.

The suspect is described as a white male with a slender build and approximately 5 feet 7 inches tall. He was wearing a dark blue or black hooded sweatshirt with the phrase "FIT HAPPENS" written on the front in white lettering. The suspect was also wearing torn blue jeans, reflective sunglasses, black and white sneakers and a black face mask.

Amanda Brubeck, human resource manager for Dara's, said the suspect got away with \$140.

ROBBERY | pg. 5

POT | pg. 5

PLAYERONE | pg. 5

Call **776-5577**

**ACROSS**

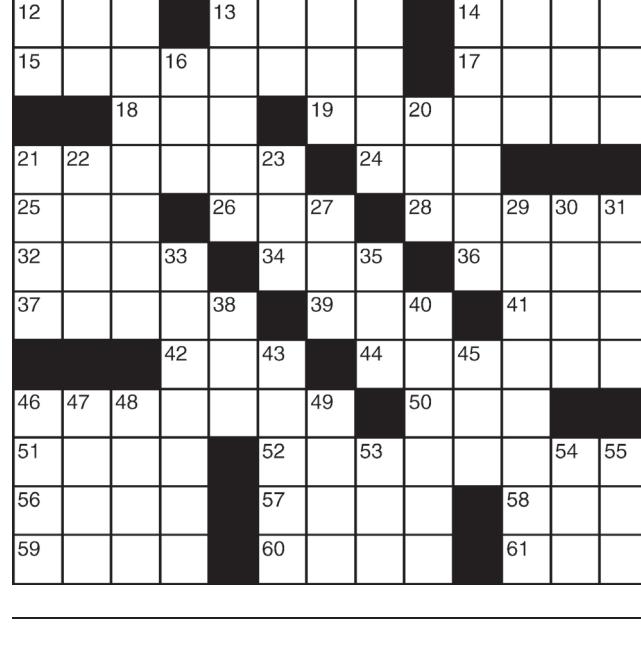
- 1 Carrot companion?
- 4 Quasi-modo's concern
- 8 Yuletide refrain
- 12 Aviv lead-in
- 13 Writer James
- 14 Skilled
- 15 The whole time
- 17 Tower city
- 18 Piercing tool
- 19 Saw
- 21 Ill will
- 24 Tit for —
- 25 Discoverer's cry
- 26 AAA task
- 28 Layered rock
- 32 Fasting period
- 34 Feathery neck-piece
- 36 Some-where out there
- 37 Nerd

**DOWN**

- 39 Tease
- 41 "— the season ..."
- 42 Medico
- 44 Decline
- 46 Deductive
- 50 Neither mate
- 51 "Arrive-derci"
- 52 Most import-antly
- 53 Carte
- 57 Basket-ball team
- 58 Meadow
- 59 Work units
- 60 Despot
- 61 De-pressed
- 1 Sch. org.
- 20 Fuel
- 21 Auctioneer's call
- 45 Average guy?
- 46 Pinnacle
- 47 Harbor structure
- 48 Pealed
- 49 Wading bird
- 53 Eggs
- 54 Zodiac sign
- 55 Legislation

**Solution time: 25 mins.**

Yesterday's answer 11-21



## 11-21 CRYPTOQUIP

G R E A W I D W I K D J H K K R K J R Q O

O M R Q R J R Q P V W G S R H Z M Q

P W W S O . M A D Q ' V D X Z P H M

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Yesterday's Cryptoquip: I HEAR THAT DOCTORS MIGHT START TOUTING A TOFFEE CANDY BAR BECAUSE IT HAS MANY HEATH BENEFITS.

Today's Cryptoquip Clue: I equals P

## Conceptis Sudoku

By Dave Green



12/21

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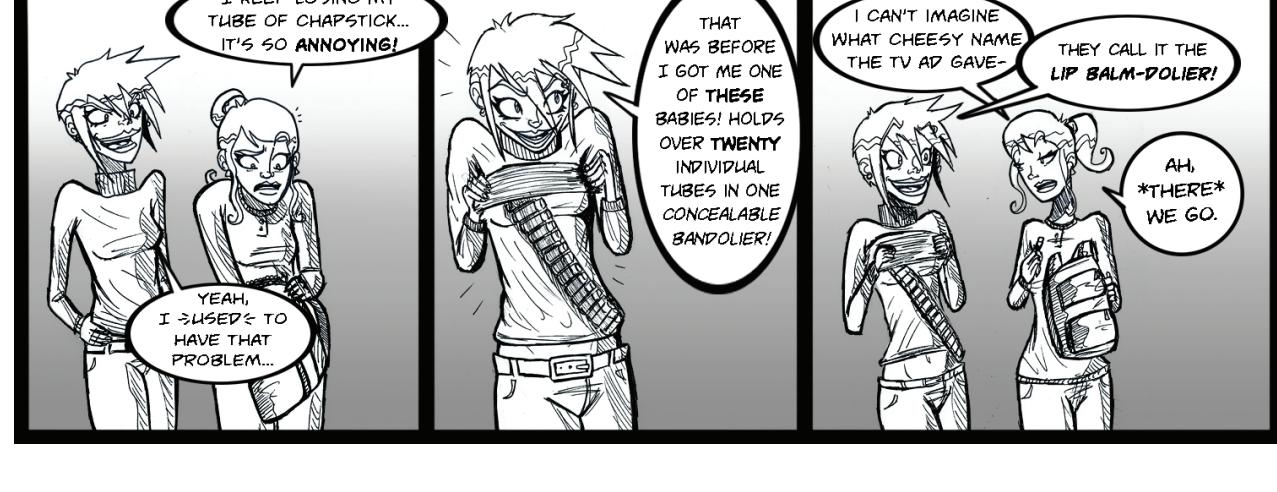
**Boom-shakalaka!** Let's bring that word back.

Why would anyone want to kill the squirrels on campus?! CRUEL PEOPLE.

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## For the Win | By Parker Wilhelm



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## LETTERS TO THE EDITOR

The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published. Letters can be sent to letters@kstatecollegian.com.

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

## CORRECTIONS

In the Best of Manhattan - Little Apple Awards, there were quite a few mistakes and errors.

On the front page, under Best Bar, both Rusty's and Kite's should have been listed.

The award for 'Best Source of Entertainment' was won by McCain Auditorium. This information was not included.

On pg. 2, there was inconsistent information provided about Rockstar & Rogers. Within the article, it lists only one of the three different locations of Rockstar & Rogers owned properties - the location in Manhattan on Moro Street. Both locations on 1120 Moro St. and 361 E. Chestnut St., Junction City, are open from 11 a.m. to 7 p.m. Rockstar & Rogers Home Fusion, located at 316 and 318 Poyntz Ave., is open from 10 a.m. to 7 p.m.

On pg. 3, the hours of Taco Lucha are incorrect. Taco Lucha is open Tues. - Thurs. 11 a.m. to 2 a.m., and the kitchen closes at 10 p.m. Sunday hours are from 11 a.m. to 9:00 p.m. Taco Lucha is closed on Mondays.

In the story headlined "Kieu's voted best boutique in city for selection, atmosphere" on page five, the name of the district manager of Kieu's was misspelled. Her name is Madeline Heck.

The Collegian regrets the errors.

If you see something that should be corrected or clarified, call managing editor Mike Stanton at 785-532-6556 or email news@kstatecollegian.com.

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## LETTER TO THE EDITOR

## Komer's criticism of Leadership Studies misguided

As a strong advocate for the Leadership Studies program, I'm always interested in reading the critiques and experiences of students who have had an encounter with the program.

The School of Leadership Studies was never meant to be a resume builder. It is a program designed to develop knowledgeable, ethical, caring, inclusive leaders for a diverse and changing world, as the mission statement declares. We're a mission-driven school that is passionate about life. We're passionate about real-world issues that affect all of us.

As an Introduction to

Leadership Class Leader, I am especially interested in this course and the development of students throughout the semester. This course is designed to be your base. Take the theories, philosophies and concepts taught and make sense of that for you. The group work is designed for that purpose. How will you leverage each strength?

StrengthsQuest identified to create a successful group project? Which leadership style is most comfortable for you? How can you be inclusive in your language and actions in a way that makes each member feel

welcomed and valued? No one ever said group projects were easy. What you put into it will be the result. Putting a bunch of leaders in a group and expecting them to work together is not a problem; it's how we change the world.

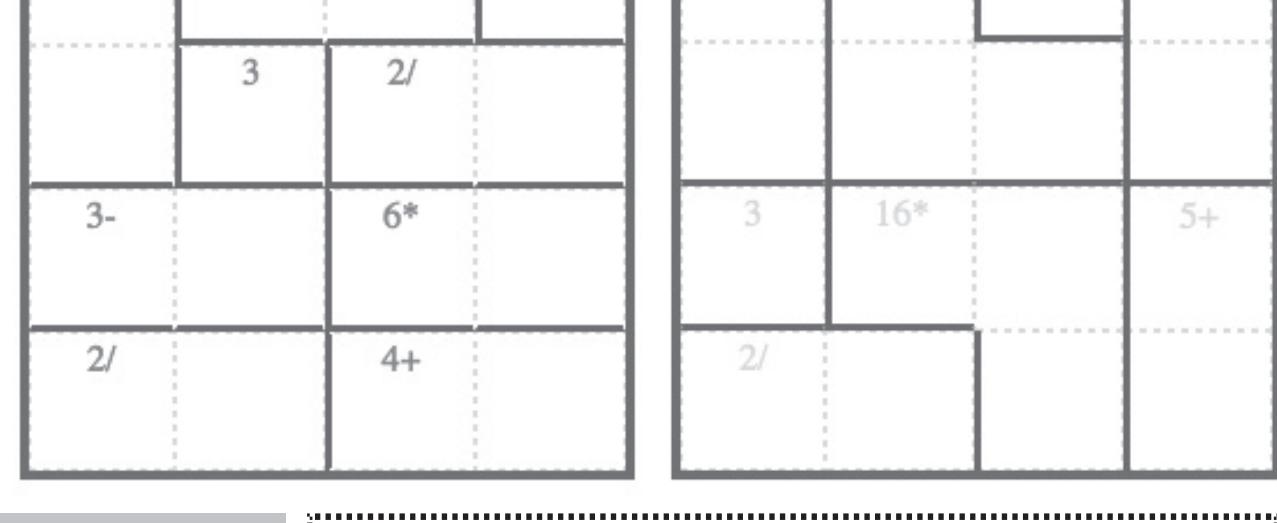
Our building was created because people believed in us. Our donors understood the importance of the study of leadership and wanted to create a comfortable, environmentally friendly home for students who felt the same. The School of Leadership Studies is, and always will be, my home away from home. I invite

anyone interested in learning more about yourself, your values, how you work with others, what your place is in this big, crazy world, and so much more to come and check us out. Let's grab some coffee and chat. Let me introduce you to one of our incredible faculty; a group of individuals who are welcoming, authentic, passionate and truly interested in you. Whether it be the minor or one of our incredible programs, come give us a try.

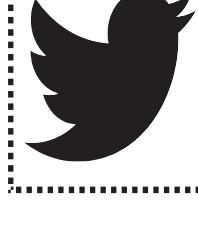
Terry Greer is a senior in family studies and human services.

## KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.



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## Favorite Thanksgiving foods may be common, unique

Mary Beth Gottsch  
contributing writer

Thanksgiving is a time to give thanks, chow down on delicious food and spend time with the ones you love. For this Thanksgiving, students shared their favorite Thanksgiving foods and traditions. People contributed a variety of favorite foods, from the basic turkey to some unique items usually not found at your average Thanksgiving meal.

"My favorite foods on Thanksgiving would have to be the cheesy corn, mashed potatoes and turkey," Kosh Khan, senior in finance, said.

Khan said he thinks about these foods all year, because he only gets them for holiday meals. He loves how the mashed potatoes are made from real potatoes, the gravy is homemade and the turkey is cooked for about six hours.

"About 40 family members come to my house, every year, and everyone makes a different dish," Khan said. "It's kinda like a potluck. If it's nice out, one tradition we always have is playing a game of football with everyone."

Jessica Conwell, senior in public relations, said she has a variety of favorite Thanksgiving dishes, as well. On Thanksgiving morning, Conwell and her mom go deliver food to those less fortunate during the holiday season. After delivering food, they come home and get ready to eat their Thanksgiving meal.

"Any type of casseroles like green bean, I love," Conwell said. "And corn dishes, stuffing, deviled eggs and ham. I get

a little ham instead of turkey since I don't really like turkey."

Maria Blando, junior in family studies, said her Thanksgiving is pretty traditional, and she looks forward to this holiday to be with her family. A tradition her family picked up a couple years ago is playing monopoly and card games. Blando said her dad has become strict on the rules. She said her family takes the games a lot more seriously than they used to.

"I personally look forward to the stuffing because it's comfort food, and my mom and brother make it," Blando said. "The stuffing has bread crumbs, juices from the turkey, celery and other ingredients that make it melt in your mouth. I also love the dark meat, gravy and cranberries. My mom also makes twice baked sweet potatoes with honey roasted walnuts on top. So it's hard on top and soft in the middle."

Often, an obscure type of food tends to wind up on everyone's table during the holiday season. Over the Thanksgiving meal, people may have a different types of meat, desserts, or even drink when celebrating.

Conwell said all of her family doesn't like pumpkin pie.

"My grandma makes a special cheesecake recipe that she makes for Thanksgiving instead," Conwell said. "It's been passed down for four generations."

Conwell said her grandma cooks all of the food and will not give away any of her recipes until someone else takes over cooking the meal. Conwell said her little sister traditionally makes turkey quizzes and fun



Taylor Alderman | Collegian

The Derby Dining Center hosted Thanksgiving dinner for the residents on last Tuesday with a variety of traditional and non-traditional foods. Pumpkin break was a popular item for residents at the dinner.

facts about Thanksgiving for everyone at their table setting.

One unusual drink Blando and her family enjoys is chocolate atole.

"Chocolate atole is a Mexi-

can hot chocolate with cinnamon," Blando said. "My mom makes it for the holidays and during the winter."

A nontraditional dessert that Khan and Blando both

shared was chocolate.

Khan said his family always has a chocolate pie for dessert. Blando said her family always has the traditional pumpkin pie but also has brownies for

her dad.

One common tradition that Khan, Conwell and Blando all share is watching football with family and eating leftovers throughout the rest of the day.

## TRADITIONS | Thanksgiving traditions adapt from historical to original

Continued from page 1

be held on the last Thursday of November.

As the years went on, new traditions began to evolve within the American population. The 1920s introduced the kewpie dolls, dressed as pilgrims and Native Americans, as popular table pieces.

Napkins with printed Thanksgiving images did not arrive until the early 1940s, and the '50s brought wax candles in the shape of turkeys.

And now in the 21st century,

with vegetarianism and veganism on the rise, tofu turkeys have become popular in meatless homes.

"We don't have any traditions other than the normal turkey, mashed potatoes, stuffing, etc," Jennifer Bormann, associate professor of animal science and genetics, said.

With modern day Thanksgiving dinners, most families exhibit the turkey with mashed potatoes, stuffing, and sometimes a green bean casserole

or yams. Then there's the occasional random tradition, the kind only the individual family understands.

"I make my mom make orange jello every Thanksgiving," Emilee Smith, freshman animal sciences and industry, said. "She puts mandarin oranges in, and it is divine."

Iraq native Saad Ahmad, instructor in Arabic, experienced his first Thanksgiving about 30 years ago.

"When we came to the States

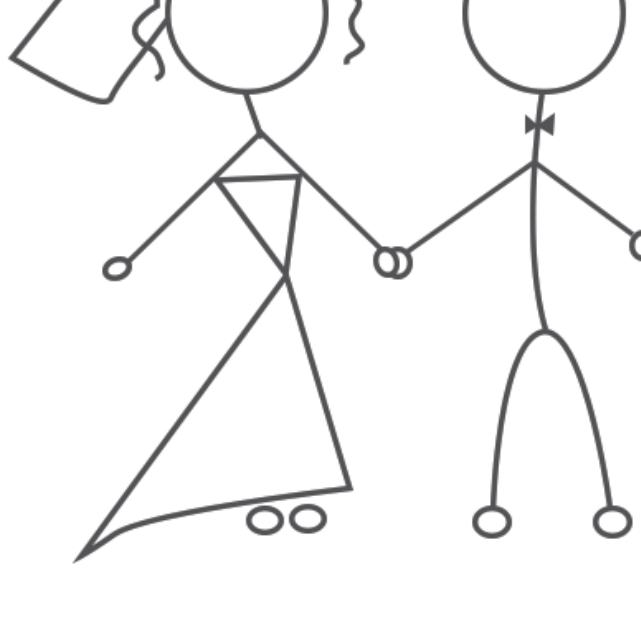
in 1982 to work on my Ph.D., my supervisor invited us to join his family on Thanksgiving of that year," Ahmad said. "We used to think in Iraq that family ties are weak in the American culture, but on Thanksgiving of 1982, we realized we were wrong on that. My supervisor's sons and daughters came from all over California and Missouri."

In the following years, Ahmad was busy in school and had two children. He said his children were the driving force

for Ahmad and his wife to start celebrating American events such as Halloween, Valentine's Day, the Fourth of July and, of course, Thanksgiving and Christmas.

"The first time we had our own Thanksgiving was in 1989 when we moved from Jardine to Prairie Glen Townhouses and we've celebrated it every year ever since," Ahmad said.

"We kept celebrating Thanksgiving, and the kids were happy and they made us happy."



## the collegian wedding guide

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## Wildcats blow by Baylor in three straight sets



Emily DeShazer | Collegian

Junior middle blocker Taylor Johnson sends one past Baylor freshman middle hitter Tola Itiola for a point last night at Ahearn Fieldhouse.

**Emilio Rivera**  
staff writer

The K-State Wildcats seemed unstoppable at times as they dominated the Baylor Bears in three sets 25-17, 25-17 and 25-17. The Wildcats (17-9, 5-8 Big 12) capitalized as the Bears (12-18, 4-10 Big 12) let the game slip from their hands.

The first set was an offensive showing for the Wildcats, while the last two were led by a strong defensive effort. The Wildcats won the battle up front, tallying 13 total team blocks on the night, to the

Bears' six.

The Wildcats were focused on a point they have emphasized of late, feeding the bear.

"You got to find the hot hitter," K-State head coach Suzie Fritz said. "You got to feed the bear."

The Wildcats did all they could to feed the bears on their team, having four players with at least 7 kills on the night. Senior outside hitter Courtney Traxson and redshirt-junior middle blocker Taylor Johnson each had a team-high with eight kills. Some of this can be attributed to redshirt-freshman setter Katie Brand, who had a

match-high 25 assists on the night.

The Wildcats began building steam in the first set, riding a strong offensive start that led to a 10-point lead by the middle of the set. With five kills Kaufman led the Wildcats to a strong performance. Nine overall errors in the set for the Bears allowed the Wildcats to take advantage, while posting .538 hitting percentage to take the set.

The second set was a defensive statement for the Wildcats, who stifled the Bears chances of coming back with 5.5 team blocks. The beginning of the set was close, with 10 ties and three lead changes.

but a service error by the Bears broke up a 13-13 tie and allowed the Wildcats to claw to a 19-14 lead before the eventual eight point win.

Eight errors in the early going of the third set by the Bears led to an 11-4 start by the K-state. The Wildcats stayed hot throughout the third set, winning 25-17, a margin that was a lot closer than it looked like it was going to be.

This three-set match was the sixth time on the season that the Wildcats won in straight sets at home, the Wildcats improved to 9-2 at home. Another home win

for the Wildcats will mark the third straight year with double-digit home victories.

"It is really exciting to see our offensive momentum and our transition game kind of kick in a little bit because of our passing and our digging quality," said senior libero Tristan McCarty, who lead all players with 10 digs. "We have really been working a lot on the first and second contact."

The Wildcats will have to keep the offensive momentum going when they face the No. 1 Texas Longhorns in Austin, Texas on Saturday.

## Wu-Shocked: Wichita State blasts K-State women



Junior guard Haley Texada attacks the rim in last night's game against the Wichita State Shockers.

**Adam Suderman**  
staff writer

Playing an experienced team in Wichita State is what Deb Patterson said she wanted for her youth-filled team in the early portions of the schedule. However, standing on the bottom end of a 23-point loss wasn't a part of the original picture.

Shocker forwards Michelle Price contributed 25 points and 12 rebounds, and Alex

Harden added 15 points and 5 rebounds for Wichita State in the 69-46 defeat of K-State.

Guard Leticia Romero led the Wildcats (2-2) with 10 points on 4-10 shooting and guard Bri Craig finished with eight points.

"We're still sort of in response mode a little bit defensively," Patterson said. "In the last two games, we're still trying to figure things out offensively."

Wichita State's pressure deflated K-State's spirits from the get-go. The Shockers (2-2) opened up with an 8-0 run, including the game's first score just five seconds into the contest. Before the Wildcats could blink, the Shockers had raced out to a 20-3 lead with 11:00 left in the first half.

"We just played two real aggressive and confident basketball teams. We didn't necessarily respond with a lot of composure in the early phases of the game."

Deb Patterson  
women's head coach

to 34.6 percent shooting and kept K-State second guessing throughout the contest.

"Tonight we were trying to force a lot of things inside when we had a lot of people outside that were open," Craig said of the Wildcats' second consecutive loss. "That's just us becoming more aware of our offense and getting into that."

It was only the seventh time that Wichita State has defeated K-State. K-State had won 41 of the previous 47 contests between the two teams.

"We played at the tempo that we wanted to tonight," Adams said. "It was nice to see us put together a complete ballgame and to see this club do what they do best."

## Big opportunity for K-State in Puerto Rico

**Adam Suderman**  
staff writer

K-State's initial inclusion to the Puerto Rico Tip-Off set up well for the program's season. Not only was Angel Rodriguez going to get an opportunity to play in his home country, but it gave the point guard a chance to cement himself as a leader on the 2013-14 roster.

While circumstances have altered significantly since Rodriguez transferred, the importance of the tournament hasn't waned.

Guard Marcus Foster has emerged as one of the Wildcats top scoring threats and his production will be crucial against what is arguably one of the toughest early-season tournament fields.

Four of the eight teams in the field participated in last season's NCAA Tournament. That list also includes two teams, Charlotte and Long Beach State, who participated in the postseason National Invitation Tournament.

"This will be a very good test for us no matter who we play," K-State coach Bruce Weber said. "It's a great field. It's got to be one of the better fields in all the tournaments. Seven of the eight teams had over 20 wins last year."

Weber said he wants his team to focus on the task at hand, and to understand that it's a business trip.

"It's a whole new element," Weber said. "Now you're going on the road. It's not a true road game, but still for our young guys this is different. You're talking about the island, beaches, casinos, everything that you've got that you're throwing into that. This is about basketball."

With a steady list of unknowns, it'll be an important checkpoint for the Wildcats.

"I'm very excited to get to travel to Puerto Rico," Foster said. "It's my first away game and we're going to be playing some good talent so we'll

see what kind of team we are and what we're made of."

K-State's opening game against Charlotte this morning carries one of the more unique storylines of the tournament.

49ers head coach Alan Major was a student manager at Purdue while Weber served on the Boilermakers staff. Weber then hired Major as an assistant after taking the head coaching job at Southern Illinois in 1998.

"I've known Bruce for a long, long time," Major said. "Regardless of his personnel, I can tell you right now that they're going to be a team that plays very tough man-to-man defense and they're going to run the motion game really well. They're going to have a balanced lineup so there probably won't be one guy doing the damage."

Offensive options are plentiful for Major and company as five 49ers' players are averaging double figures. Sophomore guard Shawn Lester is averaging 17.7 points per game on 56.7 percent shooting.

"He loves basketball and is very, very dedicated," Weber said of Major. "He's done a great job and re-energized that program. It'll be a tough matchup for us."

K-State's end of the bracket would pit it against the winner or loser of the Georgetown vs. Northeastern game in Friday's second round matchup. The bottom half of the bracket carries quite a punch. K-State's last opponent, Long Beach State, opens against Michigan and VCU plays Florida State.

"All of these tournaments are great benefits," Weber said. "One thing is having an opportunity as a new team to go and travel together for a week and be together. The bonding and the chemistry is such an important part of putting your team together along with building that foundation."

## INACHORD | Members prefer performing, rehearsing to classes

Continued from page 1

the female members, Sarah Webb, junior in music education, and Vaughan said they would rather be practicing with In-A-Chord than attending their other classes.

"The cool thing about us is that we're all really close friends," Webb said. "It's awesome to make music and we always have so much fun together."

The other seven members are vocal percussionist Andrew Vogliardo, senior in family studies and human services; Zach Button, graduate in statistics, Karis Dolenz, junior in music education; Evan McMican, senior in marketing; bass singer Xan Perkins, sophomore in music education; Vanessa Bell, senior in music; and Ryan James Leonard, sophomore in music education. Each member is responsible for selling 55 tickets in order to cover the cost of renting McCain for the evening.

The members of In-A-Chord love performing and spending time together but being a part of a singing group does not come without its challenges.

"For me, it's balancing my school-work with In-A-Chord and giving it all the time it really deserves," Webb said.

In-A-Chord has performed at various

locations such as local high schools, and different events depending on who contacts them and whether they are available. One of its next performances will be at the Benedictine College in Atchison, Kan. In-A-Chord may also start performing in competitions.

"We're starting to get some recog-

**"The cool thing about us is that we're all really close friends. It's awesome to make music and we always have so much fun together."**

Sarah Webb  
junior in music education

nition but we're still too young at this point," Vaughan said.

In-A-Chord members said they appreciate their fans' support and applause during performances.

"I always feel like the fans are really supportive," Vaughan said.

## PLAYERONE | Two original compositions left dancers improvising

Continued from page 1

"Members of the audience will choose the sequence of phrases that each dancer will perform, as well as the order in which the musical phrases will be played."

Additionally, since two different original compositions were performed by the musicians, the dancers had to adapt to each different piece; synchronizing their different movements into a combined performance that flowed with the different music.

"We'll present at least two versions of the piece as two composers, Joshua de Bonilla and Robert Roth, have created different scores for the piece," said Donnelly.

After the performance, the dancers and composers engaged in an informal Q-and-A with the audience. De Bonilla was asked what he thought of his original music being matched up with different types of choreographed dance.

"It was weird," de Bonilla said.

The unique and creative way in which the elements of music and dance were combined throughout the evening provided an interesting experience for audience members and performers alike.

"I [didn't] know too much about the structure of the events this evening," said Donna Kickhafer, a resident of Herington, Kan. whose granddaughter was one of the dancers in the performance. "I [was] looking forward to seeing what [was] in store."

## ROBBERY | Other local crime briefs

Continued from page 1

She confirmed that no one was injured in the robbery.

Police are asking anyone with information about the crime to contact the RCPD or the Manhattan Riley County Crime Stoppers.

A Manhattan woman was arrested for allegedly sneaking drugs into the Riley County jail. Vinnette Morgan, 21, was arrested for failing to appear for an unrelated parking citation and for trafficking contraband into a correctional facility. Police said the charge stemmed from an incident on Oct. 11 when Morgan allegedly brought a plastic bag containing several pills to the jail. Her bond was set at \$3,000.

A routine traffic stop landed a Junction City man in jail Tuesday morning. Richard Jackson, 40, was arrested for driving with a revoked license, possession of methamphetamines, marijuana, drug paraphernalia and criminal use of a weapon. Jackson was confined to the Riley County jail on a \$15,000 bond.

## POT | Marijuana possession, distribution has steep price to pay legally in Kansas

Continued from page 1

in medical literature that marijuana is life saving.

"There is no evidence that it provides any advantage over existing medications," Voth said. "Bringing medication to the public by a legislative vote bypasses the FDA and jeopardizes the public."

Voth, who also owns a medical practice in Topeka, said the most significant harm from the legalization would be an increase in the use among adolescents and a rise in vehicular trauma and ER visits.

Golden said that he does not think there would be significant negative effects from the legalization.

"Our local, state and federal government wastes \$50 billion a year on a plant that will never leave," Golden said.

Eric Voth, chairman of the Institute on Global Drug Policy, said he does not believe that marijuana should be legalized. He said that there is no evidence

Julia Nyiro, junior in physics, came from Colorado, which along with Washington recently became one of the first two states to legalize recreational pot use, to attend Kansas State University.

"I think that marijuana should be legalized in Kansas," Nyiro said. "People are still going to use it, so the state might as well make money off of it."

Nyiro said there does not seem to be an increased crime rate in Colorado due to its legalization and she can't see it having any effect on the crime rates in Kansas.

Golden stated that he would like to see a statewide vote for the legalization, but Kansas state law doesn't allow people to do a statewide ballot initiative. He said that is one of the issues that

Fire It Up Kansas is currently exploring.

"We can do things at the city level, but it won't change state law," Golden said. "What Kansas needs is a referendum to the constitution that allows the people to do this, and our legislatures aren't willing to open up to that."

The possession, manufacturing and sale of marijuana is currently illegal in Kansas. The first offense penalty is a fine of up to \$2,500 or incarceration for up to a year. Any subsequent violation is punishable with a fine up to \$100,000 or up to 3 1/2 years in jail, or both. Sale or distribution, depending on the offense, is punishable with a fine up to \$300,000 and up to seven years in jail. Cultivation of five plants or more can be punished with

up to 17 years in jail.

According to the Federal Bureau of Investigation's 2012 Uniform Crime Report, in 2012, there were an estimated 749,824 arrests in the U.S. for marijuana offenses, and 455,143 arrests in the Midwest. There were 305 marijuana-related arrests in Riley County over the past year, according to Kari Breault, the Riley County Police Department's RMS Supervisor to the Riley County Police Department.

The RCPD stated that since marijuana is not going to be legalized in Kansas in the foreseeable future, they could not report on how it could potentially affect K-State and the Manhattan community. However, they said it is "the role of the RCPD to enforce whatever laws are enacted by

legislative bodies, just as they do now."

Voth said he believes that the legalization would bring significant harm to students in particular.

"Student use will rise, and thus resulting in academic problems, psychological disorders, and (a decrease in) productivity," Voth said.

Voth also said that there are very clear cognitive difficulties that result from marijuana use and it has been linked to psychotic episodes, depression and assaults, including sexual assault.

Golden, however, said that legalizing marijuana has the potential to weaken criminal organizations because it would create a legal market, which would in turn lower crime rates.

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# Overstuff yourself with nutrition this Thanksgiving

Marissa Haake  
staff writer

Thanksgiving is rolling around the corner, but not everybody is looking to loosen their belt buckle for just one meal. Even though we often overstuff ourselves, there are actually quite a few healthy foods served on Thanksgiving. If kept in a reasonable proportion, some of the foods have significant nutritional value.

A 1/2 cup of light turkey meat only has 100 calories, very low saturated fat and hardly any sodium. There are zero sugars and a lot of protein.

or mashed potatoes just to get some good nutritional value out of my food choices."

Green bean casserole has some nutritional value because of the vegetables, but all of the extra ingredients tend to make it a side that should probably be passed for calorie crunchers. The casserole packs 9 grams of fat into a 2/3 cup serving. It also contains 529 milligrams of sodium per serving.

"Follow a simple recipe," Brian Lindshield, assistant professor in human nutrition, said. "Some of the more elaborate [green bean casserole] recipes

"I know my grandma loves to make sweet potatoes with marshmallows, cinnamon and butter, but eating sweet potatoes without all of these extra ingredients is definitely much better for you"

Hayley Parker  
sophomore in dietetics



Taylor Alderman | Collegian

While Thanksgiving has many stuffing food items, there are healthy options as well. The Derby Dining Center had a salad bar option during its annual Thanksgiving dinner on Tuesday, Nov. 19.

The dark turkey meat is a little higher in calories and has four times as much saturated fat as the light meat, but it is still very good for you compared to the other things placed on the table.

"Turkey is actually really good for you," Erin Lichten, junior in dietetics, said. "As long as you do not fry it or add all of the carbohydrates from the stuffing to it, than turkey is actually probably the best and most nutritious part of the entire feast."

Sweet potato casserole is the highest in carbohydrates. However, if the sweet potato is made without all of the sugars, butter and marshmallows, it is another healthy item of the Thanksgiving spread. One sweet potato only has 180 calories, is very low in saturated fat and cholesterol and it has very little sodium. It is a good source of dietary fiber, Vitamin B6 and potassium. Sweet potatoes raise blood levels of vitamin A by 35 percent and have important antioxidant and anti-inflammatory properties.

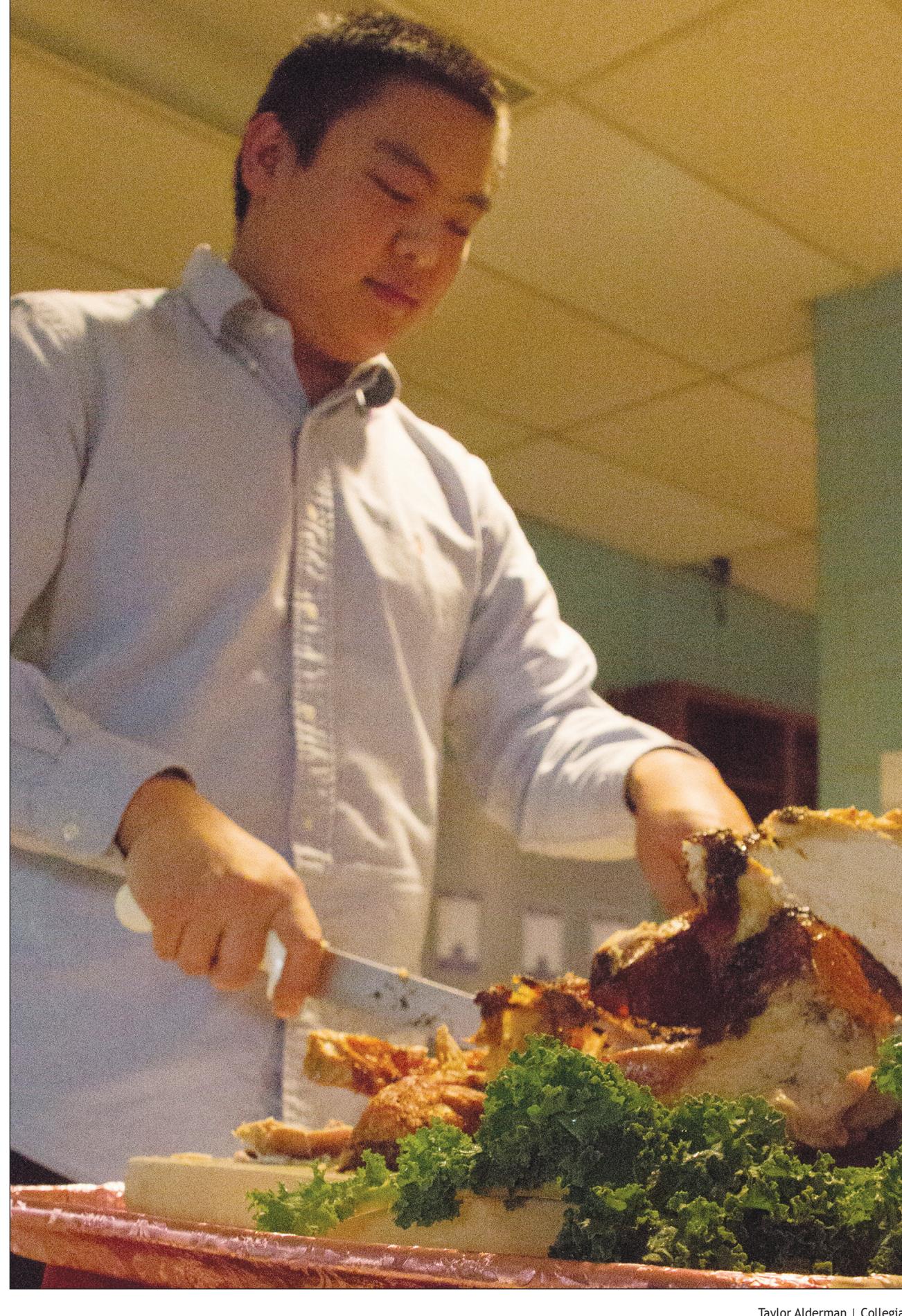
"I know my grandma loves to make sweet potatoes with marshmallows, cinnamon and butter, but eating sweet potatoes without all of these extra ingredients is definitely much better for you," Hayley Parker, sophomore in dietetics, said. "I usually try to stay away from foods high in starch, as well as watch my portions. I would definitely choose a sweet potato over a regular potato

include butter and cheese. The simplest recipes only contains condensed cream of mushroom soup, green beans, milk, and French fried onions."

Corn is another dish often served at Thanksgiving. If it is left without all of the cream, butter or cheeses, it actually offers good nutritional value. A cup of corn has just over 165 calories and a significant amount of water. It also offers a moderate amount of fiber, which can help keep you full and suppress your appetite. This could be considered essential when there is the large Thanksgiving spread sitting in front of you.

Salad is always a good bet as a healthy meal. It is a great side to have on the table. However, salad is only good for you if you cut back on the dressing and add-in extra toppings. Putting carrots, tomatoes, cucumbers and other vegetables will add variety in flavor and health benefits. However, limit the amount of caramelized nuts and skip the croutons. A good way to make a salad even healthier is to dip your fork into the salad dressing and then get the lettuce and other vegetables instead of spreading salad dressing over the entire top of the salad and then mixing it up. This little trick can save up to 100 calories.

Pumpkin pie is the one food item that calorie crunchers typically treat themselves to on Thanksgiving. However, the tasty treat packs 323 calories



Yun Cai, senior in finance, carves turkey at the Derby Dining Center. The K-State dining centers had its annual Thanksgiving dinner on Tuesday, Nov. 19.

and 310 milligrams of sodium into one piece. Some pumpkin items do have nutritional value, but this is one dessert that will not come with many nutritional rewards.

"I would just recommend not overeating," Lindshield said. "So if you know you want dessert, make sure you are mindful of that when choosing what you eat and how much you eat during the meal."

Thanksgiving is just one meal, and overindulging on one meal will not be the worst for your nutritional health. But these are just a few of the items that can help to watch your intake during your annual feast and ensure you are getting some nutrients out of the holiday.

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